

ORDER OF THE ARROW

ALLOWILEK CHAPTER—OWASIPPE LODGE—BOY SCOUTS OF AMERICA

W. W. W.

FUNDAMENTAL DANCE STEPS

ALLOWILEK CHAPTER ORDER OF THE ARROW

1. STEP DRAG - CLOSE

COUNTS

1. Long step to right.
2. Bring left up to right, dragging it along ground.
Repeat to cover the required distance.

2. STEP LIFT - CLOSE

COUNTS

1. Long step to right
2. Bring left up to right, lifting it clear of ground.
Repeat to cover required distance.

3. SHUFFLE:

COUNTS

1. On ball of right foot, drag to right a very short distance,
& on ball of left foot, drag to right a very short distance.
2. As 1.
& As & above.

This is done very rapidly, as fast as you can count and may be done to right, to left, forward and backwards.

4. TOE - HEEL HOP

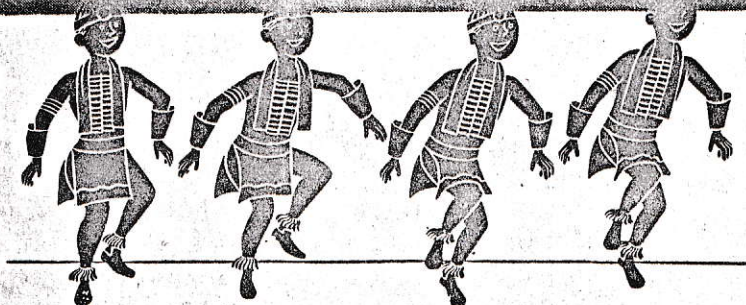
COUNTS

1. Hop on left, at same time turning right leg over and touching right toe to floor at right oblique back, heel in air.
& Hop on left foot, at same time turning right leg over and touching right heel to floor at right oblique back, toe in air.
2. Hop on right foot, at same time turning left leg over and touching left toe to floor at left oblique back, heel in air.
& Hop on right foot, at same time turning left leg over and touching left heel to floor at left oblique back, toe in air.



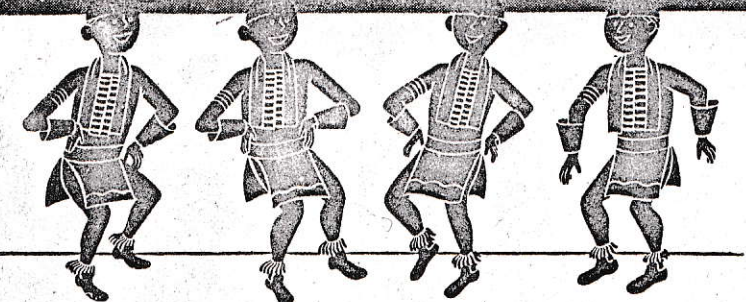
TOE HEEL—This first basic step is much like walking. But you put down *toe* first instead of heel. Lead with toe about half your foot's length in front of back foot. Drop heel with quick snap as soon as toes touch ground. In all these Indian

dance steps, keep in slight sitting position with back straight, weight on back foot. For variety, cross leading foot over other one as you go forward. Showing this step is Jerry Palmer, Order of the Arrow member from Ponca City, Oklahoma.



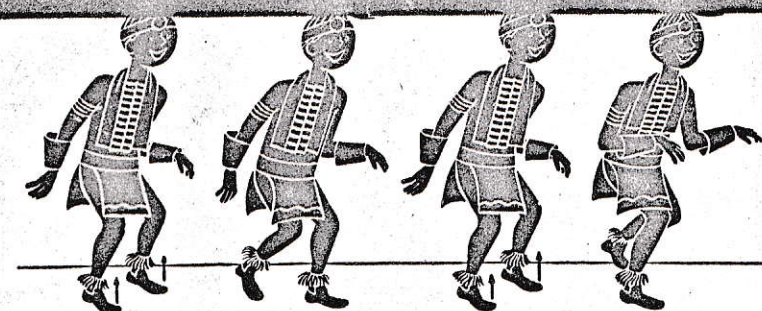
HOP STEP—Basically, just hopping up and down on one foot then other. Step on right toe (heel up), and raise left foot. Then hop on right foot. Repeat with other foot. Shift weight to leading foot as soon as you put it down in front of

you. For more Indian dancing hows, see *Dances and Stories of the American Indian*, by Bernard S. Mason, and *Rhythm of the Redman*, by Julia M. Buttreé. At the right is Arrow member Terry Reinhard, Tuckahoe Lodge, York, Pennsylvania.



CIRCLE STEP—Here you step sideways, going in either direction. "Push" foot to side for distance of about two feet, smoothly gliding over. Then bring other foot over beside it. Make all of this step one continuous movement. Tony Isaacs

of Los Angeles, Order of the Arrow man at the right, and the other dancers were photographed at the Arrow's last national convention. The Order, a Scouting honor society for outstanding campers, has a national convention this month.



DOUBLE TOE-HEEL—Try this after you're good at toe-heel step. Here you jump up on both feet (with your heels up), and land on one, with the other foot raised in toe-heel step. Alternate your landing foot each time. As soon as you land,

snap-drop your toe-heel foot and bring other one forward. Try step first without moving forward, then go ahead and take a normal walking step's distance each time. The Arrow man at the right is Charles Primer, Tonkawa Lodge, Austin, Texas.

